



BULLYING

OVER 60% OF STUDENTS REPORTED BEING BULLIED;
OVER 50% REPORTED BULLYING OTHERS

Bullying is a relationship problem. It is a form of repeated aggression where there is an imbalance of power between the person who is bullying and the person who is victimized. Young people who bully learn to use power and aggression to control others, while those who are victimized become increasingly powerless.

Every child and youth has the fundamental human right to be safe and free from involvement in bullying. Bullying affects the safety and welfare of children and youth who are bullied, those who bully others, and those who know it is going on.

Youth reported on seven types of bullying: (1) *physical*: have you been hit, kicked, pushed, shoved around, or locked indoors? (2) *verbal*: have you been called mean names, made fun of, or teased in a hurtful way? (3) *indirect*: have you been left out of things on purpose, excluded from a group of friends, or completely ignored? (4) *sexual harassment*: have other students made sexual jokes, comments, or gestures to you? (5) *racial*: have other students made fun of your race or colour? (6) *religious*: have other students made fun of your religion?; and (7) *electronic*: have you been teased using a computer or e-mail messages or a mobile phone?



This fact sheet was developed from the *Canadian Health Behaviour in School-Aged Children (HBSC)* survey. The HBSC survey has been conducted on six occasions in Canada (since 1989) by the Social Program Evaluation Group at Queen's University. It profiles the health of young

Canadians aged 11–15 years. The 2010 Canadian national report focused on mental health. HBSC in Canada is also part of a larger international study conducted in affiliation with the World Health Organization, with similar 2010 surveys administered in 39 mainly European and North American countries. The Canadian study is supported by funding from the Public Health Agency of Canada and Health Canada.

See: Craig, W and McCuaig Edge, H. (2011). *Bullying and Fighting*. In J. Freeman et al. (Ed.), *The health of Canada's young people: a mental health focus* (pp. 167–182). Ottawa: Public Health Agency of Canada.

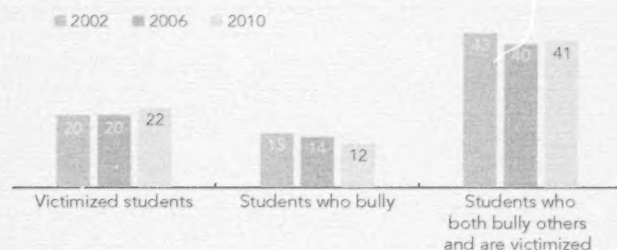
For more information about the HBSC study and for Canada-specific data, please visit: www.publichealth.gc.ca

For international data, visit the HBSC global site at: www.hbsc.org



YOUTH BULLYING & FIGHTING IN CANADA

INVOLVEMENT OF GRADE 6 TO 10 STUDENTS BULLYING IN 2002, 2006 AND 2010 (%)



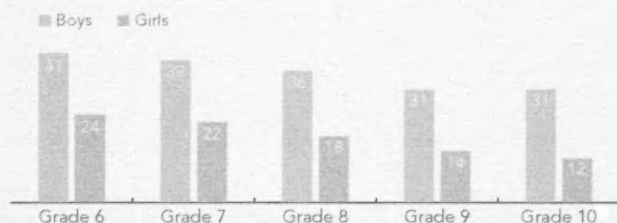
Involvement in bullying can be categorized as being victimized, bullying others, and both being victimized and bullying others.

TYPES OF VICTIMIZATION

Bullying takes on many forms. The two most common are teasing and indirect bullying, such as excluding or spreading lies about the person being bullied.

Victimization is connected to both grade and gender. Boys were more victimized by physical bullying than girls; girls were often victimized by indirect bullying than boys. Both forms of victimization decreased across grades. Forty-five per cent of girls in Grade 10 reported being sexually harassed, compared to 38% of boys.

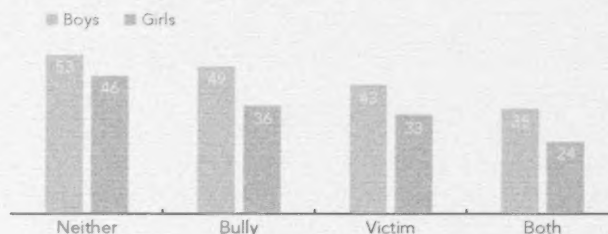
PHYSICAL BULLYING IN VICTIMIZED STUDENTS (%)



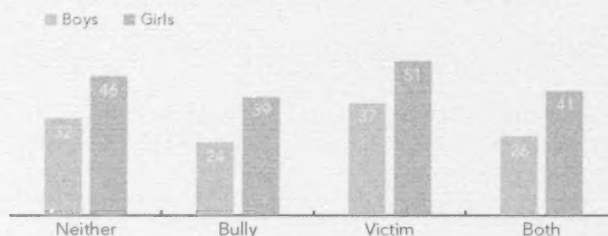
EMOTIONAL WELL-BEING AND BULLYING

Mental health is related to bullying. For example, students who were uninvolved in bullying reported the highest level of emotional well-being.

HIGH LEVELS OF EMOTIONAL WELL-BEING BY BULLYING INVOLVEMENT (%)



HIGH LEVELS OF PROSOCIAL BEHAVIOUR BY BULLYING INVOLVEMENT (%)



Behavioural indicators of mental health (prosocial behaviour and behavioural problems) had a different relationship to bullying. Uninvolved students and those youth who were victimized showed similar positive outcomes, while those who bullied others and those who had dual status (bully-victims) similar negative outcomes. Youth who reported being victimized were the most likely to report prosocial behaviours and least likely to report behavioural problems; children who bullied others were the reverse.